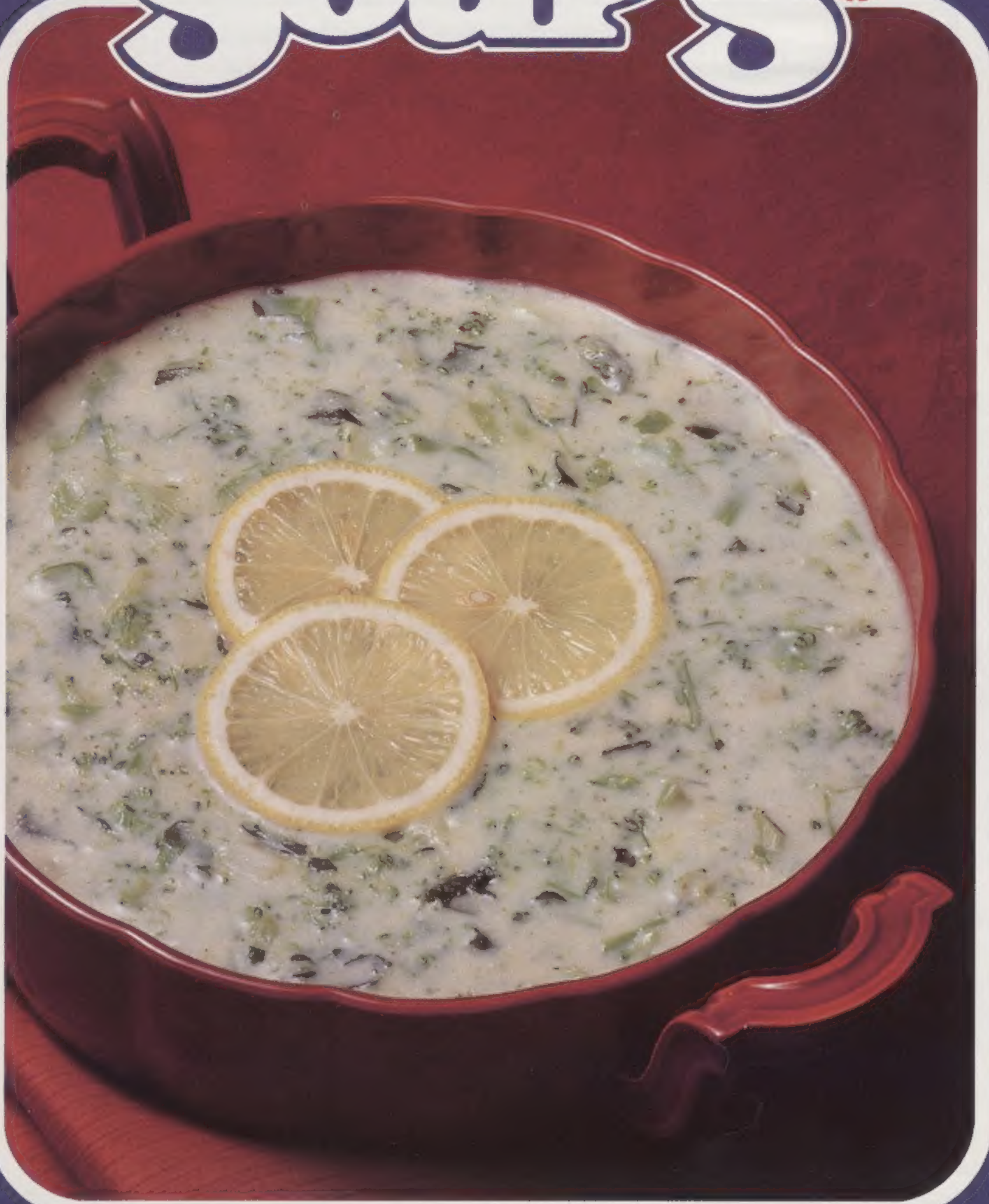
BIRDS EYE®

Super Soups

5 Minutes
from simmer to serve



Super First-Course Soups

Get dinner off to a delicious start, with fresh-tasting soup with a homemade flavor. Thanks to Birds Eye® vegetables, it's as easy as 1-2-3. Open a package of Birds Eye 5 minute vegetables, a can of soup, and the rest is a snap. Here are hearty soups to serve with family suppers, special soups for company—all with the rich taste of soups you find in fine restaurants. And they're all so easy!

1. Combine:	1 package Birds Eye 5 minute vegetables 1 can (about 10¾ oz.) condensed soup 1 soup can water (or half can water, half can milk or light cream)
2. Bring to a full boil	over medium-high heat, stirring frequently to separate vegetables. Add seasoning. Cover and simmer 5 minutes.
3. Serve	with flavor garnish, if desired. Makes 3 servings.

USE THIS SIMPLE 1-2-3 RECIPE TO MAKE ANY OF THE SUPER SOUPS BELOW

Broccoli-Potato Soup (cover)
Use Birds Eye 5 minute chopped broccoli, cream of potato soup, half can milk, half can water, ¼ teaspoon nutmeg. Serve with lemon slices.

Corn-Tomato Soup
Use Birds Eye 5 minute sweet whole kernel corn, tomato-rice soup, 1 can water. Top with cheese strips.

Vegetable-Chicken Soup
Use Birds Eye 5 minute mixed vegetables, chicken with rice soup, 1 can water, ¼ teaspoon basil. Top with shredded cheddar cheese.

Chicken-Pea Curry Soup
Use Birds Eye 5 minute sweet green peas, cream of chicken soup, 1 can water, ½ teaspoon curry powder. Serve with chopped peanuts.

Broccoli-Tomato Soup
Use Birds Eye 5 minute chopped broccoli, tomato soup, 1 can water, 1 teaspoon chopped chives.

Oriental Spinach Soup (photo)
Use Birds Eye 5 minute chopped spinach, chicken noodle soup, 1 can water, 1 tablespoon soy sauce, ⅛ teaspoon ginger. Top with thinly sliced scallions.

Cauliflower-Mushroom Soup (photo)
Use Birds Eye 5 minute cauliflower, cream of mushroom soup, half can milk, half can water and 1 tablespoon dry sherry wine. Top with sour cream and chopped parsley.

Asparagus-Rice Soup
Use Birds Eye 5 minute cut asparagus, chicken with rice soup, 1 can water and 1 tablespoon dry vermouth. Garnish with hard-cooked egg.

Creamy Zucchini Soup
Use Birds Eye 5 minute zucchini squash, chicken broth, half can water, half can light cream or half and half and 1 tablespoon instant minced onion; puree simmered soup in blender. Serve hot or chilled.

Super Lunchtime Soups

Super soups with Birds Eye vegetables offer the perfect solution to the what-to-serve problem at lunchtime. With their 5-minute simmer-to-serve time, they're quick enough to whip up for a lunchbox thermos or your own lunch on the run. And they're appetizing and wholesome to serve the family on weekends.

1. Combine:	1 package Birds Eye 5 minute vegetables 1 can (about 10¾ oz.) condensed soup 1 soup can water (or half can water, half can milk or light cream)
2. Bring to a full boil	over medium-high heat, stirring frequently to separate vegetables. Add seasoning. Cover and simmer 5 minutes.
3. Serve	with flavor garnish, if desired. Makes 3 servings.

USE THIS SIMPLE 1-2-3 RECIPE TO MAKE ANY OF THE SUPER SOUPS BELOW

Creamy Spinach Soup (photo)
Use Birds Eye 5 minute chopped spinach, cream of celery soup, half can milk, half can water. Top with crumbled cooked bacon.

Spinach Soup, Italian Style
Use Birds Eye 5 minute chopped spinach, chicken and stars soup, 1 can water and ¼ teaspoon oregano leaves. Top with grated Parmesan cheese before serving.

Cauliflower-Onion Soup
Use Birds Eye 5 minute cauliflower, cream of onion soup, half can milk, half can water and ¼ teaspoon salt. Stir in ½ cup chopped fresh tomato.

Creamy Vegetable Soup
Use Birds Eye 5 minute mixed vegetables, cream of chicken soup, 1 can water and a dash of thyme.

Broccoli-Chicken Soup
Use Birds Eye 5 minute chopped broccoli, cream of chicken soup, 1 can water and ⅛ teaspoon thyme.

Cauliflower-Tomato Soup (photo)
Use Birds Eye 5 minute cauliflower, tomato soup, half can milk, half can water and 1 teaspoon chopped chives. Top with sour cream and additional chopped chives, if desired.

Pea-Cucumber Soup
Use Birds Eye 5 minute sweet green peas, cream of celery soup, 1 can water and ½ cup diced peeled cucumber. Serve with cucumber slices and sour cream, if desired.

Bean and Tomato Soup
Use Birds Eye 5 minute French style or cut green beans, tomato soup, half can milk, half can water. Stir in ¼ cup diced cheddar cheese before serving, if desired.

Lima Bean Soup
Use Birds Eye 5 minute Fordhook lima beans, cream of celery soup, half can milk, half can water and ¼ teaspoon thyme. Top with slivered ham or salami.

Super Snacktime SOUPS

Super soups make the perfect between-meal pick-me-up—a cheering welcome for the children home from school, an easy and nutritious snack for anyone in the family, midmorning to midnight. Some are deliberately light, delicious but low in calories.

1. Combine:	1 package Birds Eye 5 minute vegetables 1 can (about 10¾ oz.) condensed soup 1 soup can water (or half can water, half can milk or light cream)
2. Bring to a full boil	over medium-high heat, stirring frequently to separate vegetables. Add seasoning. Cover and simmer 5 minutes.
3. Serve	with flavor garnish, if desired. Makes 3 servings.

USE THIS SIMPLE 1-2-3 RECIPE TO MAKE ANY OF THE SUPER SOUPS BELOW

Chicken-Bean Soup (photo)
Use Birds Eye 5 minute cut green beans, cream of chicken soup, half can milk, half can water. Serve in mugs, with carrot stick stirrers.

Confetti Tomato Soup(photo)
Use Birds Eye 5 minute mixed vegetables, tomato soup, half can milk, half can water. Top with popcorn.

Mexican Corn Soup
Use Birds Eye 5 minute sweet whole kernel corn, tomato soup, 1 can water, ½ teaspoon chili powder. Serve with crumbled corn chips.

Spinach Noodle Soup
Use Birds Eye 5 minute chopped spinach, chicken noodle soup, 1 can water and ¼ teaspoon nutmeg. Low in calories—about 70 per serving.

Broccoli Noodle Soup
Use Birds Eye 5 minute chopped broccoli, chicken noodle soup, 1 can water and ¼ teaspoon thyme. Top with cheddar cheese cubes.

Broccoli Star Soup (photo)
Use Birds Eye 5 minute chopped broccoli, chicken and stars soup, 1 can water. Stir in ¼ cup tomato slivers before serving. Low in calories—about 80 per serving.

Cauliflower-Chicken Soup
Use Birds Eye 5 minute cauliflower, cream of chicken soup, half can milk, half can water and 1 tablespoon dry sherry wine, if desired. Garnish with sliced almonds.

Green Bean-Mushroom Soup
Use Birds Eye 5 minute French style or cut green beans, cream of mushroom soup, half can milk and half can water. Stir in 2 tablespoons chopped salted peanuts before serving for a crunchy extra.

Cauliflower-Rice Soup
Use Birds Eye 5 minute cauliflower, chicken with rice soup, 1 can water and 1 teaspoon thinly sliced scallions. If desired, add ¼ teaspoon curry powder before simmering.

General Foods Consumer Center
250 North Street
White Plains, New York 10625

© 1981 General Foods Corporation

Birds Eye is a registered trademark of
General Foods Corporation, White Plains, New York 10625